

## KASC Center Activities – March 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 9:30 Living History (W) 10 Cards 10 Games 11 SilverSneakers 12:30 Bingo 6:30 Weight Watchers (S)	3 8:30 AARP Taxes (S) <b>NO</b> Arts & Crafts 10 Needlework (S) 10 Games 10 Mental Gymnastics 1-2 AquaKendal* 1-3 YMCA	4 8-10 Trevoze (W) 9:30 Not Just Quilts X 10-12 Alzheimer's Support Group (W) 10 Games <b>NO</b> Pet Therapy 11 SilverSneakers 12:30 "Advance Directives" Talk (S) 1-2 Digital Photo (W) 2-3 Gentle Yoga (W)	5 9 Medicare 9:30 Line Dancing 10 Bible Study (RR) 11 SilverSneakers 12:30-2 Bingo 1-3 YMCA*** 2 Tech Help (Stlr) 6:30 Line Dancing (S)	6 8:30 AARP Taxes (S) 9-12 Genealogy 9:30 Not Just Quilts (R) 10 Needlework (R) 10 Games <b>NO</b> Tech Help (Stlr) 1-2 AquaCrosslands** 5-9 BINGO	7
8	9 9:30 Living History (W) 10 Cards 10 Games 11 SilverSneakers 12:30 Bingo 6:30 Weight Watchers (S)	10 Tea Party 8:30 AARP Taxes (W) <b>NO</b> Arts & Crafts 10 Book Club (Stlr) 10-11 Needlework (R) 10 Games 10 Mental Gymnastics 11 Tea-Food Prep (R) 1-2 AquaKendal* 1-3 YMCA 2-3:30 TEA PARTY	11 8-10 Trevoze (W) 9:30 Not Just Quilts X 10 Games <b>NO</b> Pet Therapy 11 SilverSneakers 1-2 Digital Photo (W) 1-4 Audiologist (Stlr) 2-3 Gentle Yoga (W) 4 Org Dev Mtg (R) 3-6 Kelly's Cuisine To Go pickup	12 9 Medicare 9:30 Line Dancing 10 Bible Study (RR) 10-12 Constituent O/R 10:30 BPS (W) 11 SilverSneakers 12:30-2 Bingo 1-3 YMCA*** 2 Tech Help (Stlr) 4 Fund Dev Mtg (R) 6:30 Line Dancing (S)	13 8:30 AARP Taxes (S) 9-12 Genealogy 9:30 Not Just Quilts (R) 10 Needlework (R) 10 Games 11 Tech Help (Stlr) 12:30 Mind Matters 1 Tech Help (Stlr) 1-2 AquaCrosslands** 5-9 BINGO	14
15	16 8-9:30 FINANCE Mtg (Stlr) 9:30 Living History (W) 10 Cards 10 Games 11 SilverSneakers 12:30 Bingo 3:30-5 Exec. Comm Mtg (Stlr) 6:30 Weight Watchers (S)	17 8:30 AARP Taxes (S) <b>NO</b> Arts & Crafts 10 Needlework (S) 10 Games 10 Mental Gymnastics 11 Mem/Dir Mtg (W) 1-2 AquaKendal* 1-3 YMCA*** 2-3:30 Beverly Bruns - Having Fun with Art (W)	18 <b>Birthday Lunch</b> 8-10 Trevoze (W) 9:30 Not Just Quilts 10 Games 11 Entertainment - TBD <b>NO</b> Pet Therapy <b>NO</b> SilverSneakers 1-2 Digital Photo (Stlr) 2-3 Gentle Yoga (W) 3-6 Kelly's Cuisine To Go pickup	19 <b>NO</b> Medicare 9:30 Line Dancing 10 Bible Study (RR) 11 SilverSneakers 12:30-2 Bingo 12:30 AARP Safe Driver (W) 1-3 YMCA** <b>NO</b> Tech Help (Stlr) 3-4 Bazaar Mtg (S) 4-5:30 Mktg Comm (R) 6:30 Line Dancing (S)	20 8:30 AARP Taxes (S) 9-12 Genealogy 9:30 Not Just Quilts (R) 10 Needlework (R) 10 Games <b>NO</b> Tech Help (Stlr) 1-2 AquaCrosslands** 5-9 BINGO	21
22 Sunday Supper 4-6pm	23 9:30 Living History (W) 10 Cards 10 Games 11 SilverSneakers 12:30 Bingo 6:30 Weight Watchers (S)	24 7:30-9 BOD (W) 8:30 AARP Taxes (S) <b>NO</b> Arts & Crafts 10 Needlework (R) 10 Mental Gymnastics 10:30Audiologist( Stlr) 1-2 AquaKendal* 1-3 YMCA***	25 8-10 Trevoze (W) 9:30 Not Just Quilts X 10 Games <b>NO</b> Pet Therapy 11 SilverSneakers 12:30 SeniorLAW Presentation (S) 1-2 Digital Photo (Stlr) 2-3 Gentle Yoga (W) 3-6 Kelly's Cuisine To Go pickup	26 9 Medicare 9:30 Line Dancing 10 Bible Study (RR) 11 SilverSneakers 12:30-2 Bingo 1-3 YMCA** 2 Tech Help (Stlr) 6:30 Line Dancing (S)	27 8:30 AARP Taxes (S) 9-12 Genealogy 9:30 Not Just Quilts (R) 10 Needlework (R) 10 Games 11 Tech Help (Stlr) 1 Tech Help (Stlr) 1-2 AquaCrosslands** 5-9 BINGO	28
29	30 9:30 Living History (W) 10 Cards 10 Games 11 SilverSneakers 12:30 Bingo 6:30 Weight Watchers (S)	31 8:30 AARP Taxes (S) <b>NO</b> Arts & Crafts 10 Needlework (S) 10 Mental Gymnastics 10:30 Audiologist 1-2 AquaKendal* 1-3 YMCA*** 2 Beverly Bruns - Having Fun w/Art (W)			BPS - Blood Pressure Screenings * @ Kendal Fitness Center ** @ Crosslands Pool *** @ YMCA Shade (S), Rotary (RR), Wendel (W) Staller Center (Stlr) M-F 8:00am-5:00pm except when class or meeting is in session	

Calendar activities subject to change due to unforeseen circumstances.

### Lunch Menu - March 2020

Contact us at 610-444-4819 to reserve your meal by 1pm Tuesday for the ENTIRE following week.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. Chicken Marsala Roasted Red Potatoes Italian Mix Vegetable Dinner Roll Tapioca Pudding	3. Baked Pork Chop Baked Potato Sauerkraut Mini Corn Muffin Cinnamon Applesauce	4. Chicken Parmesan Romaine & Onion Salad w/Dressing Whole Grain Spaghetti Parsley Cauliflower Pineapple	5. Chicken Orzo Soup Cheese Steak Sweet Potato Fries Chilled Pear Halves	6. Breaded Fish Fillet Macaroni & Cheese Stewed Tomatoes Brussels Sprouts Cherry Crisp
9. Chicken & Vegetables over a Biscuit Lettuce & tomato Salad Jello w/ Fruit	10. Navy Bean & Ham Soup Roast Turkey BLT Cole Slaw Whole Wheat Bread Fruit Cocktail	11. Cheddar Cheese Omelet Home Fries French Toast Sticks Orange Sections	12. Stuffed Pepper Caesar Salad Italian Bread Chocolate Mousse	13. Baked Penne Pasta Seasoned Green Beans Tropical Fruit
16. Chicken Cacciatore Spaghetti Tuscan Mix Vegetables Wheat Roll Chilled Apricots	17. Tomato Soup Ham & Cheese Pretzel Melt Seasoned Green Beans Chilled Pineapple	18. <b>Birthday Party</b> Ham with Cabbage & Potatoes Tossed Green Salad Dinner Roll Cupcake  	19. Baked Chicken Breast Au gratin Potatoes Winter Blend Vegetables Banana Pudding	20. Personal Cheese Pizza Lettuce & tomato Salad Blueberry Yogurt Parfait
23. Cheeseburger Lettuce & Tomato Slice Steak Fries Coleslaw Chilled Mandarin Oranges	24. Cream Broccoli Soup Grilled Chicken Breast Sandwich Marinated Cucumbers Chilled Apricots	25. Roast Turkey w/ Gravy Candied Sweet Potatoes Seasoned Broccoli Florets Wheat Roll Mixed Fruit	26. Salisbury Steak w/ gravy Mashed Potatoes Peas & Carrots Wheat Roll Sugar Cookies	27. Tuna Noodle Casserole California Blend Vegetables Wheat Roll Oatmeal Cookies
30. Spaghetti w/ Meatballs Spinach Salad Blueberry Blossom Breadstick	31. Baked Ham White & Wild Rice Blend Brussel Sprouts Cinnamon Applesauce Dinner Roll		CCDAS Food Vendor  	SENIORS 60 & ABOVE A voluntary confidential requested \$2.00 donation  INDIVIDUALS UNDER 60 \$4.52

\*PLEASE BE AWARE MENU IS SUBJECT TO CHANGE WITHOUT NOTICE\* - Lunch served at 12:00pm

Membership is not required in order for individuals 60 and over to participate in this program. All residents 60 and older are invited to attend and enjoy a noontime meal. Meals provided by Chester County Dept. of Aging Services. **IMPORTANT NOTICE:** Lunch that must be consumed at the Senior Center. For health and safety reasons, perishable food may not be removed from the Center.

The official registration and financial information of Chester County Department of Aging Services may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania, 1 (800) 732-0999. Registration does not imply endorsement.